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Thursday, July 25, 2013

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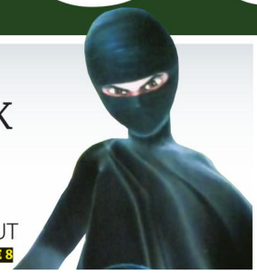
YOU BEST NOT BE TRYING TO SHUT DOWN THAT GIRLS SCHOOL PAGE 8



Boy George, he's got a name!

Century-old city of Prince George, B.C., thrilled to share name with the latest royal . No word yet from Prince Rupert PAGE 8

Risk-free love

Sure, you can ask that babe out on Tinder without them laughing in your face, but is that really a good thing? Metro's John Mazerolle takes a look at dating's brave new world PAGE 11

Christine Caron, seen in her hospital bed in this image from her family's online fundraising drive on fundrazr.com. By 5:30 p.m. yesterday the drive had topped $51,000 in donations. CONTRIBUTED

'People have been amazing'

More than $50K raised. Family, friends and strangers pitch in to help single mother with medical bills

CULLEN BIRD
ottawa@metronews.ca

Christine Caron, a single mother of four who gained international attention after Metro News was first to report that a rare bacterial infection had cost her three limbs, has seen a huge outpouring of support from the community.

While she still has a way to go in her journey to reclaim her life, her family's online fundraiser, Caring for Chris, has raised about $50,000 in a little over a week, with additional offers of non-monetary aid.

"It's a crummy situation, but people have been amazing," says Danica Caron, Christine's daughter. "It's not just family members and friends — and the comments that they leave are really inspiring."

The family faces significant obstacles in renovating their two-storey, semi-detached home for wheelchair accessibility.

Danica lives there with her three siblings — Arielle, 22, Wyatt, 18, and Tyson, 15 — and the family's four dogs.

"We'll have to redo the kitchen, and bring things down and widen spaces, and we'll see if that's all possible," Danica says. "It's very tight for the amount of people who are living here right now."

People have stepped forward with non-monetary donations as well.

Shayne Valinsky, owner of Valinsky and Sons, a landscaping company, has offered to build a wheelchair ramp for the Caron's front porch.

"My wife actually saw it on the news," Valinsky, 34, says. "I thought I could help out a little."

"I know how expensive (ramps) are. So I know she's getting donations she probably needs for other things," he says, adding that a wheelchair ramp could cost $10,000 to $20,000.

Valinsky says he is doing this instead of going on vacation this summer with his wife and two kids.

"It's still going to be a family thing, but it's just going to teach my kids a little something about giving back."

Valinsky adds that other contractors should consider donating time and materials if they can.

"She could use more help."

Sew good

Ottawa-based charity Eco Equitable teaches new Canadians how to go professional with their needle and thread skills PAGE 3

Oh, the irony (we think)

The Hidden Life of Ants, brought to you by pest-control firm Orkin Canada, promises great photography by the 'Indiana Jones of Entomology' PAGE 6

Beau beer belle of the brew fest

Micro brewery cleans up at Montreal's Mondial de la Bière with seven awards, five for their sweet design and labels PAGE 12

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Needle & thread can take you far

Sowing for Jobs.
Sewing class inspires recent immigrant to stitch together a new business

A series of sewing classes for new Canadians launched by an Ottawa charity has inspired Uzbek immigrant Hilola Ahmed to walk the path to owning her own business, and is getting other women into the workforce.

"I knew how to use a sewing machine to do straight stitches, but never made my own patterns or remodelled things to have that professional look," said Ahmed, an economist by trade, who arrived in Ottawa in 2007 and recently finished the Sowing for Jobs program at the charity Eco Equitable.

"Since studying for this course, I found myself gaining more confidence toward my long-term goal of opening my own business," she said, adding that she took it up while on maternity leave to have her son Kameron, now 2.

"My background is in economics, but I really want to teach sewing to kids of school age to develop their creativity."

Sowing for Jobs gathered women from Sudan, Ethiopia, Iran, Afghanistan, India and Colombia, Ahmed said, and taught them how to hone their skills to sew professionally using recycled textiles. Many got jobs right after completing the five-month, Monday-to-Thursday course, some with tailors, others with Eco Equitable contracts. But they gained so much more than just being handy with a needle and thread, she added.

"They taught me how to become confident again and re-enter the labour force," Ahmed said, pointing out that adult high schools would speak to the group and offer them courses toward a diploma on the side.

Participants also improved their English together. "By the end of the five months, other students could freely talk to us," she said. "That's where we felt most integrated into Canadian society."

Home economics no longer teach sewing skills in high school, Ahmed said.

"It's like the forgotten skill of pottery," she said. "The main idea behind this is actually that they use their hands, to develop their fine motor skills, to develop their creativity."

GRAHAM LANKTREE/METRO

Hilola Ahmed, 31, shows off her smartphone purse, which was crafted in Eco Equitable's Sowing for Jobs program. It teaches new Canadians skills they can take into the workforce. GRAHAM LANKTREE/METRO

1 killed

OPP probe fatal Highway 7 crash

The OPP are investigating a crash on Highway 7 east of Renfrew that left the driver of a passenger vehicle dead on Wednesday.

Officers at the Renfrew detachment responded to the collision at 9:10 a.m. They say the vehicle was travelling eastbound when it collided with a westbound tractor-trailer. The collision caused a fire and the driver was pronounced dead at the scene.

The OPP's traffic-collision investigators are assisting in the investigation.

JOE LOFARO/METRO

$154M

City set to borrow Lansdowne cash

The City of Ottawa's debenture committee approved the borrowing of $154 million for the Lansdowne Park redevelopment project in a brief meeting on Wednesday.

The city plans to pay off the debt over the course of 40 years. At a rate of 4.21 per cent, that totals $332.2 million by 2053 — an $8.3-million hit to the city's budget annually.

Council approved the borrowing as part of the Lansdowne redevelopment deal with Ottawa Sports Entertainment Group in October 2012.

Debt-servicing payments are set to begin in 2014.

ALEX BOUTILIER/METRO

Lester Road

Man hospitalized after vehicle rolls over into ditch

A 31-year-old man was sent to hospital in serious but stable condition after suffering a concussion in a single-vehicle rollover on Lester Road near the Airport Parkway Wednesday afternoon.

Ottawa Fire Services said they responded to 2320 Lester Rd. at 2:28 p.m. and had to pry open the roof of the man's vehicle to rescue him.

The vehicle came to rest in a ditch either before or after it struck a light pole, said J.P. Trottier of the Ottawa Paramedic Service.

JOE LOFARO/METRO

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Blind, disabled residents won't lose homes: TELCI

Blind and disabled residents of two Ottawa group homes were never in danger of losing their housing but have been caught up in the politics of the Ottawa South byelection, according to the president of Therapeutic & Education Living Centres Inc.

TELCI, which has been struggling financially for years, will stop providing services to two group homes July 31, and other agencies will take over — a move that alarmed some staff and family members of residents.

"It's only a small handful of people who were expressing opposition from the beginning," said TELCI board president Sean Van Liempt, referring to a media event held Tuesday by NDP candidate Bronwyn Funiciello and party leader Andrea Horwath.

The event showcased the worries of a few family members of residents, regarding the continuity of care their relatives would receive after the province announced Tuesday that new agencies would take over the homes.

Blind and developmentally disabled members of the TELCI group homes in Nepean. CONTRIBUTED/TELCI

TELCI reported in December 2013 that it would close for good and later set the date for July 31 this year.

"The political candidates are using the situation for political points. I think it's really unfortunate," said Van Liempt.

"It's creating anxiety and a story where this is no story."

Van Liempt said that he was contacted Wednesday morning by one of the family members who took part in the media event, saying he or she regretted being there.

"I've had calls from some family members who said they want this media circus to stop and want to be able to focus on the next steps," he said.

Rather than being a last-minute decision, the government worked methodically with other agencies to take over operation of the homes since TELCI's closure was announced.

"I'm really happy with the outcome that residents get to stay in their own homes," Van Liempt.

He said he didn't yet know if TELCI employees would be part of the mix when the groups — Ottawa-Carleton Lifeskills Inc., Ottawa Foyers Partage and the Ottawa Carleton Association for Persons with Developmental Disabilities — divvy up responsibility for TELCI's 20 total residents, who live in three group homes and two apartments.

GRAHAM LANKTREE/METRO

Ottawa South byelection Liberal candidate John Fraser, right, sizes up the competition at a debate Wednesday beside Libertarian candidate Jean-Serge Brisson. GRAHAM LANKTREE/METRO

Libertarians offer a choice

Fringe party. Ottawa South candidate aims to show voters there is an alternative to 'letting the government do everything'

Libertarian Ottawa South candidate Jean-Serge Brisson doesn't count on winning your vote — he just wants you to know there's an alternative.

"We have no chance of winning or becoming the government, but we're coming to a point that we're running a full slate of candidates," said Brisson, 59, who owns a small radiator business — Independent Radiator, in Embrun — which he started in 1974.

"The reason why we're running is to let the people know that there is a different ideology, rather than letting the government do everything," he said, adding that the party hopes to have 107 candidates in Ontario's next provincial election, up from 50 in 2011.

It would put them on par with the Green party, which has gained traction and been included in televised debates. Brisson is just one of nine candidates running in the byelection. Besides the big three, including the Greens, there is also the Paupers party, the Party for People with Special Needs, the Freedom Party of Ontario and an Independent.

"All the other candidates are talking about being more efficient with what's already there," Brisson said of current budgets and a ballooning $11.7-billion deficit in the 2013-14 budget. "They're not talking about reducing government or taxes."

Simply put, he said, Libertarianism is based on the idea that "the freer you are, the more prosperous you can be."

GRAHAM LANKTREE/METRO

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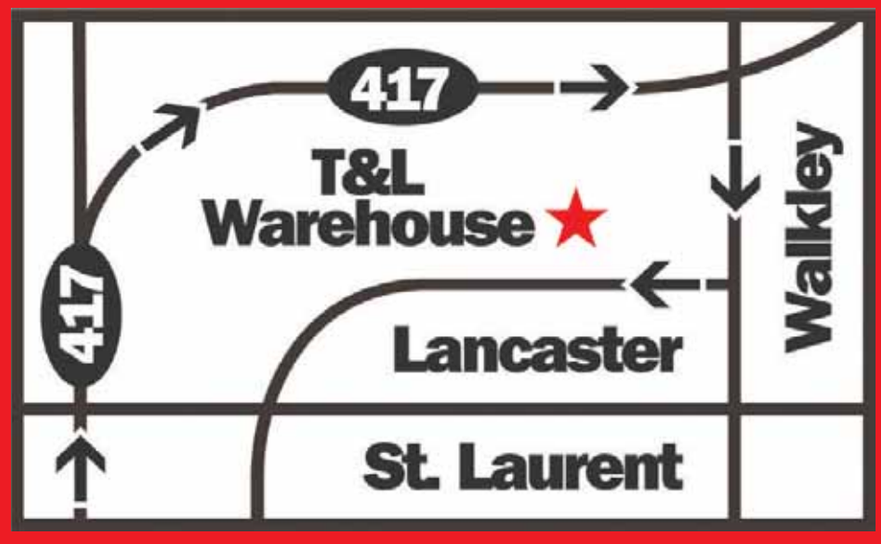

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Giant ants crawl into Museum of Nature

Ryan Lie, 5, stares up at one of the photographs in Farmers, Warriors, Builders: The Hidden Life of Ants, a new exhibit making its debut at the Canadian Museum of Nature on Friday. JOE LOFARO/METRO

Insect irony. Pest-control firm sponsoring exhibit

Two live ant colonies from Arizona are crawling at the Canadian Museum of Nature along with 39 close-up photographs of the creepy crawlies for a new exhibit from the Smithsonian that will make its first Canadian debut Friday.

Farmers, Warriors, Builders: The Hidden Life of Ants is a compilation of some of the best photographs from award-winning photographer Mark W. Moffett. The National Geographic Society dubbed Moffett as the "Indiana Jones of Entomology" after photographing ants all over the world.

"It's a world that's right there at your doorstep, yet it's very hard to see and understand because everything's small," said Robert Anderson, research scientist in entomology at the Museum of Nature. "And you need to really study it in detail. Microscopes and the kind of photography that's here in the exhibit to see all this kind of detail about structure and biology and how these things live their lives."

Anderson said there are many parallels to human life that can be drawn from observing ant colonies. Some ants like to garden, while others exhibit forms of pest control to protect their own using pheromones.

"Ants use those chemicals if necessary to draw in their nest mates to lift heavy objects or if (an) intruder they perceive is a real threat, they can recruit other individuals to come and help them by releasing these chemicals," said Anderson. "And the information in those chemicals is pretty specific to a particular task that they want their friends to do."

Visitors will also get an up-close look at the inner workings of a colony chamber that houses ants known as "repletes" — ants that are fed by worker ants as a means of storing food for later.

The abdomens of these hungry ants more than double in size as worker ants feed them water, nectar, and plant and insect fluids. The repletes hang upside down like bats in a cave and when a worker ant needs the liquid, it strokes the repletes' antennae.

Kids will surely enjoy being told repletes regurgitate the liquid into the worker ant's mouth.

Oddly, the exhibit is sponsored by Orkin, a pest-control firm that, among other things, specializes in ant removal.

JOE LOFARO/METRO

At a glance

- The harvester ant has the most powerful sting of all ants in North America.
- It's best not to eat the "honey" from honey ants as they sometimes carry animal excrement inside their abdomens.
- There are approximately 14,000 known species of ants in the world and just under 200 of them are found in Canada.
- Some species of ants are incapable of feeding themselves and sometimes overthrow other colonies of ants, turning them into slaves for feeding.

Source: The Canadian Museum of Nature

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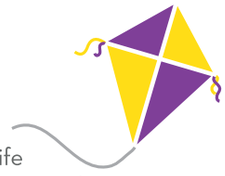

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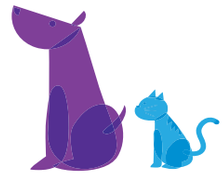

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Spain. High-speed-train derailment kills dozens

A passenger train derailed on a high-speed stretch of track in northwestern Spain on Wednesday night, killing at least 35 people and leaving dozens injured in the country's worst rail accident in decades, officials said.

Authorities gave different death tolls in the immediate aftermath, ranging from 35 to 56.

State-owned train operator Renfe said in a statement that 218 passengers and an unspecified number of staff were on board at the time of the accident.

"The train was going at a very fast speed and in the curve it went off the tracks, it overturned," Sergio Prego, a passenger on the train, told the Cadena SER radio station.

A photographer at the scene said he saw dozens of what appeared to be dead bodies being extracted from the wreck by emergency workers.

TV footage showed one wagon pointing upwards into the air with one of its ends twisted and disfigured. Another carriage that had been severed in two could be seen lying on a road near the track.

THE ASSOCIATED PRESS

By George, we're famous!

Royal baby bumps Prince George, B.C.

What does Prince George think of Prince George?

"Well there's always excitement around a new baby, especially one that shares your name," said Shari Green, mayor of Prince George, B.C.

On Wednesday, the Duke and Duchess of Cambridge announced their son would be George Alexander Louis.

The mayor will be extending a formal invitation to the Cambridge trio. City staff are also preparing a care package for the royal tot — including a "little onesie with Prince George on it," she said.

LUKE SIMCOE/METRO ONLINE

Burka Avenger fights for girls' education

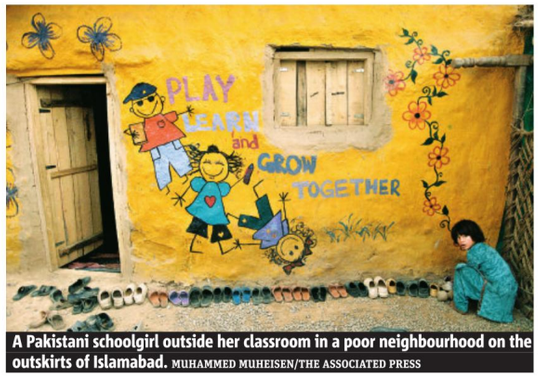
Pakistan. Cartoon sees superheroine fight to keep girls' school open

Wonder Woman and Supergirl now have a Pakistani counterpart — one that shows a lot less skin.

Meet the Burka Avenger: a mild-mannered teacher with secret martial-arts skills who uses a black burka to hide her identity as she fights local thugs seeking to shut down her girls' school.

Sadly, it's a scenario Pakistanis are all too familiar with. The Taliban have blown up hundreds of schools and attacked activists because they oppose girls' education.

Action in the Burka Avenger cartoon series is much more lighthearted. The bungling bad guys evoke more laughter than fear and are no match for the Burka Avenger, undo ubtedly the first South Asian ninja who wields books and pens as weapons.



A Pakistani schoolgirl outside her classroom in a poor neighbourhood on the outskirts of Islamabad. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

The Urdu-language show is the brainchild of one of Pakistan's biggest pop stars, Aaron Haroon Rashid, who conceived of it as a way to emphasize the importance of girls' education and to teach children other lessons, such as not discriminating against others.

The main bad guys are Vadero Pajero, a corrupt politician, and Baba Bandook, an evil magician meant to resemble a Taliban commander.

THE ASSOCIATED PRESS

Dressed to repress?

Burka brings controversy, but imagine spandex

The decision to clothe the superhero in a black burka — a full-length robe commonly worn by conservative Islamic women in Pakistan and Afghanistan — could raise eyebrows because some view the outfit as a sign of oppression.

Rashid said he used it to give a local feel to the show.

"Since she is a woman, we could have dressed her up like Catwoman or Wonder Woman, but that probably wouldn't have worked in Pakistan," said Rashid.

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Premiers call for inquiry into missing, slain aboriginal girls

Provincial and territorial leaders are backing calls for a national public inquiry into missing and murdered aboriginal women and girls, ratcheting up the pressure on the prime minister.

Those who met with aboriginal leaders on Wednesday showed support ahead of the Council of the Federation meeting, said Premier Kathleen Wynne, who will be leading the premiers' summit Thursday.

Power and profile

"This is an important expression of support."
Shawn Atleo, National Chief of the Assembly of First Nations

Alberta Premier Alison Redford and Newfoundland Premier Kathy Dunderdale were not at the meeting Wednesday, but Wynne said that doesn't mean they don't support an inquiry.

"There were reasons why they couldn't be at the table, but certainly I will be speaking to them," she said.

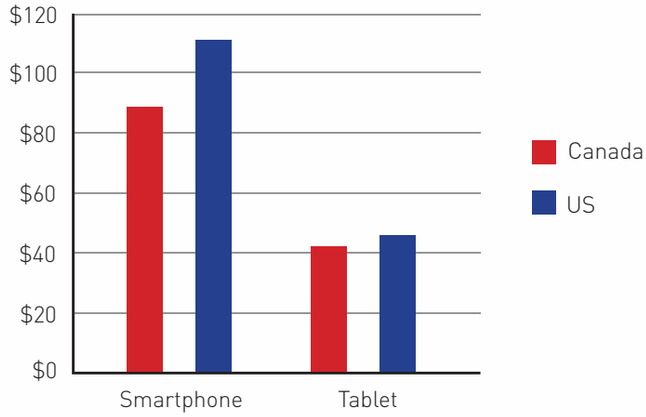
But Michele Audette, president of the Native Women's Association of Canada, said their absence speaks volumes.

"It's probably for me, my ... interpretation, that they're sending a message saying they're not in support," she said. THE CANADIAN PRESS

DID YOU KNOW?

FACT:

Using the most popular smartphones and tablets costs less per month in Canada than in the US.[1]



Source:
(1) As of July 17, 2013, based on rates for similar packages published by the three largest Canadian and two largest US carriers for the following devices: Samsung Galaxy S4, iPhone, BlackBerry Z10, Samsung Galaxy Tab, and iPad.

CANADA A WORLD LEADER IN WIRELESS

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Mom's more plugged in than you think

Despite the fact that moms are heavily engaged online, preconceptions that they're not interested in technology remain, researchers say. ISTOCK

Social media. Far from being tech-challenged, demo ranks among 'most social consumers you'll meet,' report says

Forget the outdated stereotype of the tech-illiterate soccer mom. Twenty-first-century moms are increasingly becoming one of the most digitally savvy cohorts in Canada, according to a recently released report backed by data from measurement firm comScore and online surveys.

The 2013 Canada Social Mom report, published by the parenting website BabyCenter, calls today's plugged-in moms "the most social consumers you'll meet."

The report suggests 93 per cent of Canadian moms who use the Internet are logging into social networks every month. Tablet ownership among moms was up nearly 100 per cent in the past year. And mothers were found to be two and a half times more likely to prefer checking their social media feeds on a smartphone rather than using a computer.

Researchers have been watching Canadian moms dramatically increase their Internet usage for years now, but preconceptions that they're not interested in technology remain, said Gagan Sharma, research director for Mom Central Consulting, which has offices in Toronto, Boston and New York.

"Despite the fact we see that moms are heavily engaged online, they're tech-savvy, they're engaged, we still find there is that perception where people don't understand that moms are actually leading the charge in a lot of ways," Sharma said.

THE CANADIAN PRESS

Music to foodies' ears. Live Nation will stick to locally sourced food at U.S. venues

Concert promoter Live Nation is overhauling its U.S. concessions to serve only local produce and humanely raised meats.

Starting this week, all produce served at Live Nation's 38 amphitheatres around the U.S. will be sourced from within roughly a 100-mile radius (about 160 kilometres) of each venue. Additionally, all meats will carry either Certified Humane, Global Animal Partnership or Animal Welfare Approved certification.

The change will cost the company about an extra $1 million US a year, but concertgoers won't see that reflected in food or ticket prices, says Live Nation CEO Michael Rapino. He believes the goodwill generated by serving better food and supporting local farms will be compensation enough.

The company has brought on celebrity chef Hugh Acheson as a consultant to help guide the changes. Acheson, an outspoken proponent of local and sustainable agriculture, is best known for appearances on Bravo's Top Chef and Top Chef Masters. THE ASSOCIATED PRESS

Celebrity chef and Ottawa native Hugh Acheson will help Live Nation with its plan to provide ethically sourced food at its U.S. venues. THE ASSOCIATED PRESS FILE

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U.K. currency

Pride, prejudice and pounds: Austen to grace banknote

Jane Austen will become the new face on England's 10-pound notes. The Bank of England chose the chronicler of 18th-century English country life as the new face of the note, bowing to critics who had complained that the venerable institution was ignoring women on their currency.

THE ASSOCIATED PRESS

Wireless market

Don't give Verizon special treatment, Rogers CEO says

Big U.S. carriers like Verizon shouldn't be allowed to buy new Canadian wireless firms at discount prices while the big domestic carriers are barred from the same opportunity, the CEO of Rogers said Wednesday. Rogers welcomes competition but wants a level playing field, Nadir Mohamed told analysts. THE CANADIAN PRESS

Market Minute

DOLLAR 96.94¢ (-0.29¢)

TSX 12,672.30 (-73.08)

OIL $105.39 US (-$1.84)

GOLD $1,319.70 US (-$15)

Natural gas: $3.70 US (-4¢)
Dow Jones: 15,542.24 (-25.50)

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DON'T LIKE YOUR DATE? DELETE IT!

HE SAYS

John Mazerolle
metronews.ca

Is dating shrinking?

I feel like dating has gotten smaller, with less weight and consequence. The Book of Love has become a pamphlet.

I've been pondering what I've been pondering with my Brain because recently I discovered a smartphone dating app called Tinder, which condenses relationship hunting to its smallest, shallowest form.

Unlike other dating sites that get bogged down in details like what the person is like or whether they can speak English, Tinder just focuses on what you need to know: name, age, location, and looks. If it's good enough for your passport, it's good enough for your soulmate.

And many Tinder users conveniently add photographs that focus on areas below the neck, in case you're not a face person.

There is room to write a bio, but the box is barely big enough for a cigarette warning. If you like the person, you swipe to the right. If you don't, to the left.

Essentially it's Goldilocks and The Three Bears if Goldilocks had grown up to be a player: Not hot enough! Too hot! Just right. Check!

There are all types on Tinder, but a typical woman on the site is a 22-year-old named Lauren (I swear, every fourth one is Lauren) who has a small dog, friends she poses with at clubs, a tendency to get a leg up when she takes selfies, and an inspirational quote that makes sense about 35 per cent of the time. ("Life is just in-between reality and fantasy, so love.")

If two people like each other, the app opens a chat window and you can start planning your wedding. If either person chooses "Nope," then neither side is the wiser.

Tinder removes all the depth from online dating, which is a bit like removing all the nutrients from a Twinkie or cutting the substantive scenes from a Michael Bay movie.

But I still kind of like it. I know the gut reaction is to cry out about how shallow the app is, but whatever — most deep relationships start in the shallow end, and if two people just want to fool around in the pool, laughing Danger in the face, more power to them. My only issue — and what made me think about dating shrinking — is that there is no risk on Tinder. The app lets you approach the most beautiful woman within 100 miles, and she can't laugh in your face. She can screenshot you to Instagram, sure, but it doesn't have quite the same impact.

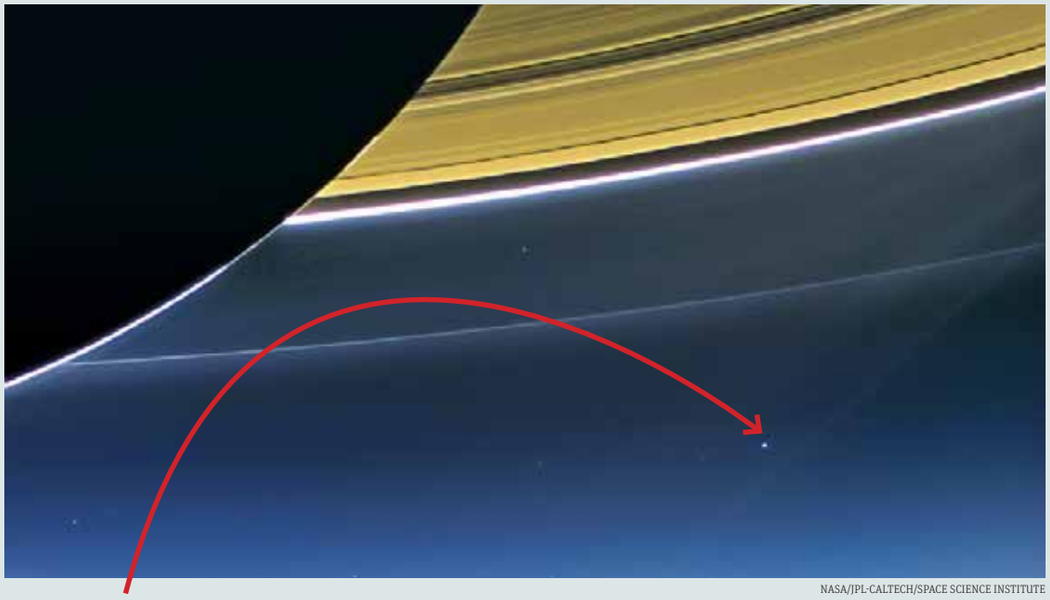
I remember how BIG dating seemed when I was in my early 20s. Asking someone out was an enormous mountain to climb — a difficult task when your palms are sweaty and you're hyperventilating.

So what's it like for a young person now? How do relationships feel when so many are started online, before you're as jaded as a 30-something? I'm not judging. I'm genuinely curious.

Once I dreamed of putting my hand on the cheek of a beautiful woman, like Romeo and Juliet. Now I swipe my thumb across her face. Dating may be shrinking, but these are big thoughts for Lauren and I to consider. We're going to be very happy together. Not her dog, though. I swiped it left.

ZOOM

Your hair looks great, from Saturn



NASA/JPL-CALTECH/SPACE SCIENCE INSTITUTE

Cassini spacecraft snaps our planet

NASA has released a rare image of Earth and the Moon taken by a spacecraft orbiting Saturn. In the picture by NASA's Cassini spacecraft, the planetary objects, shining as bright beacons from millions of kilometres away, appear as mere dots – Earth a pale blue and the moon a stark white, visible between Saturn's rings. METRO

Photo op

"It thrills me that people worldwide took a break from their normal activities to go outside and celebrate the interplanetary salute between robot and maker." Carolyn Porco, Cassini imaging team lead at Space Science Institute

Public waves from grand distance

The photograph made on July 19 marked the first time people knew in advance that their long-distance picture was being taken. The public was asked to wave at Saturn after finding the ringed planet in their part of the sky, in an event scientist and Cassini imaging team leader Carolyn Porco described as an "interplanetary cosmic photo session." METRO

Long shot

1.5 billion

kilometres is the distance from Earth that NASA's Cassini spacecraft captured the colour images from its perch in the Saturn system.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Has last week's Sharknado frenzy left you frothing for more laughably awful dialogue and willfully dodgy special effects, all served up with a sly wink? Luckily, Netflix has your back with these gems.

Student Bodies

A merciless parody of early slasher flicks starring The Breather, a faceless killer with a MacGyver-like mind for improvising murder weapons used to dispatch a selection of standard-issue pretty '80s studs and ladies. Agonizingly hilarious, it was Scream before Scream existed.

Tremors 2

Aftershocks - Tremors was an instant classic, and if you think otherwise then I invite you to bounce a basketball across the film's Nevada setting. And while the sequel is one depressing degree removed from Kevin Bacon, the giant subterranean carnivorous worms pose just as big a problem as always.

Letters

RE: Home For Disabled Facing Closure Cynically Saved By Liberals, Says NDP, published July 23

Like many of the more than 300 non-profit organizations across Ontario serving adults with developmental disabilities, TELCI's funding has not kept pace with rising costs, such as staff salaries, groceries, utilities and home repairs.

In response to the funding gap, TELCI's volunteer board of directors took the decision with heavy hearts in November 2012 to work towards TELCI ceasing supporting our 20 residents. This was a difficult decision and a difficult time for everyone.

TELCI residents are served with Ministry of Community and Social Services (MCSS) funding and have been reassured all along that they will continue to be supported. There was never any risk that residents would be "out on the street" as is erroneously stated in the article.

In December 2012, work began with several qualified local non-profit agencies to determine who would provide services to TELCI clients.

MCSS announced on July 22 which agencies would start providing services. We are pleased that TELCI clients who asked to continue living together are doing so and will even be served in their current homes. This is an excellent outcome and will make the change in service providers far easier for everyone.

We have been communicating throughout this transition with clients, families, staff and friends of TELCI and all messages are publicly posted on telci.ca.

Sean Van Liempt
TELCI Board President

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro

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SCENE2

These labels are très Beau

The award-winning Wild Oats Series was recently recognized by Applied Arts Magazine's Design Awards in the Wine/Beer/Spirits category. SEAN J. SPRAGUE

Art winner. Local brewery Beau's picks up five awards for its design and label illustrations

BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

From their very first batch to their most recent creations, Beau's All Natural Brewing Company continues to win awards in both popular vote and certified judging competitions, proving its beer is a force to be reckoned with.

Just recently, the brewery picked up seven awards at Montreal's Mondial de la Bière, one of North American's largest beer festivals. Of the seven medals awarded to the brewery, five are for its design and label illustrations.

The man behind those designs is Jordan Bamforth, Beau's creative director, who says the wins are really a team effort.

"I think it's sort of a testament to the company as a whole. We go with our gut instead of what might be expected.

"That really sets us apart. There is an incredible amount of creative freedom here at the brewery, which is cool, but there's also a really collaborative spirit as well."

Based in Vankleek Hill and founded in 2006 by Tom Beauchesne and his son Steve, Beau's is a family-run business Bamforth has been a part of right from the start, creating the original branding for the company while Tom and Steve were still working on the business plan.

Bamforth admits that, with this job, he's definitely living the dream.

"I'm doing the graphic design work that I really wanted to do, which was a lot of conceptual stuff and trying to experiment and innovate and do really cool stuff.

"But, I would say the coolest part of the job is getting to work with my best friends every day."

The staff at Beau's is made up entirely of family and friends and their branding, Bamforth says, recognizes the importance of that.

"The way that the brand has developed actually does represent the people at the brewery as a whole and it sort of symbolizes the team aspect or the combined personalities of all the people who work here."

Beau's doesn't offer gimmicky labels that simply turn blue when the beer is cold. Instead, the packaging is unique and is intended to represent both the product and the brewery.

"Before I even start putting mouse to screen, I'm looking into the history of the beer or the history of the beer style or reading up about a specific technique or what sets that product apart so that it's not just a pretty label but it's actually tied to the story of the beer," Bamforth says.

Quoted

"Before I even start putting mouse to screen, I'm looking into the history of the beer or the history of the beer style, or reading up about a specific technique or what sets that product apart so that it's not just a pretty label but it's actually tied to the story of the beer."

Beau's creative director Jordan Bamforth on how he finds inspiration for his award-winning labels

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jared Leto ALL IMAGES GETTY

Leto lets us in on his troubled, drug-fuelled past

It turns out Jared Leto's own teenage years were a lot more dramatic than what he played on My So-Called Life. In a Letter to my Younger Self for the U.K.'s Big Issue, Leto admits to a pretty rocky adolescence. "If I met the teenage Jared now the first thing I'd notice would probably be that my wallet was missing," he writes. "I was in trouble quite a bit with the authorities, any person who made rules or the law. Probably a lot of my behaviour was related to doing drugs." Leto even cops to considering some different career paths. "I was at a crossroads in life when I was 16," he admits. "I didn't know I was going to be an actor. I thought it might be an artist or a painter. Or maybe a drug dealer. But I didn't know which path I would take. It's just fortunate that I chose one over the other."

The Word

Bynes being held after fire incident in California

Amanda Bynes' return to California went south pretty fast, with the troubled actress detained by police and put on a 72-hour psychiatric hold after reportedly trespassing and setting a small fire on a neighbour's property, according to police reports obtained by TMZ. "I see this girl with her pant leg on fire and a gas can trailing fire through the driveway," local resident Andrew Liverpool tells E! News. "She put the fire out on her leg and was rushing over to her dog. I kicked the gas can over and moved it to the middle of the driveway so nothing else would catch on fire. I said, 'Are you OK?' She was kind of frantic and discombobulated." Bynes allegedly attempted to flee the scene in a taxi, with police cars chasing after. The troubled actress returned to California because she "was unable to find any place to live in New York City because of her bizarre behaviour," a source tells Radar Online. "No one would rent an apartment to her. She does own a house in Calabasas. It's unclear how she got to California from New York."

Twitter

@lenadunham
Makeup artist pointed to my pimple. Other makeup artist said "yeah, that's the one I was telling you about yesterday."

@rihanna
So I have to wait 'til August 5th to get the 2nd season of "Girls" on Apple TV????!!!! Whyyyyyyyyyyy?????

@JuddApatow
North West will dominate the royal baby in all aspects of life. Style, athleticism, sense of humor, flow, sexiness, height, math & hustle.

Lisa Kudrow

Kudrow urges all to forget about Friends the movie

Lisa Kudrow wants to be clear: There won't be a Friends movie, so please stop asking about it. "I knew there wasn't ever a movie. There was never a Friends movie. Ever. So I've always known it's not happening," she tells CNN. "With this last rumour someone came up with a great graphic with the couch and it looked like a real teaser. And then someone came up with a fake story and got some publication to buy the lie that there was going to be a reunion. And I went, 'Wait a minute, was I not invited? Oh my God, maybe there is one and I wasn't asked to do it.' I even had a moment where I believed it because everything around it looked real. It was a good setup."

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This trend's got staying power

If you follow beauty blogs and magazines, you may have noticed that primers are the new "must" makeup artists swear by. We test out five to see which can stand the heat and humidity

ROMINA McGUINNESS
Metro World News

By Terry Hyaluronic Hydra-Primer

The press release says the formula will reduce enlarged pores. But after putting it on, mine still looked like gaping holes. The formula felt heavier than I expected, but it gets high marks for staying power. Twelve hours and a sweaty yoga class later, I still had a full face of makeup on.
$59, spacenk.com

MAC Prep + Prime Skin Primer

Everything about this is shimmery — the packaging, tube and cream all contain glitter. So I expected this to give my skin a glow as well. No dice. But I liked that this primer made my skin feel smooth and oil free. However, it took me twice as long to wash my makeup off.
$29, maccosmetics.com

Estée Lauder Illuminating Perfecting Primer

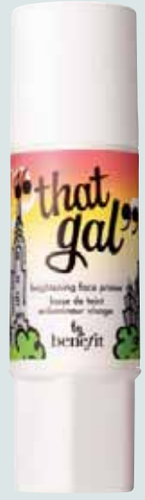
Is that a glow I see? This primer brightened up my face and anchored down my BB cream, stopping it from sliding off my face. The texture is thick, but not pore-cloggingly so, and the formula, which includes shea butter, made my skin feel softer than usual. But I could do without the mattifying effect, which was too powdery for my taste.
$32, esteelauder.com

Stila One Step Correct

This formula made my makeup look natural and healthy, leaving a dewy, smooth finish. And the colour correcting mousse managed to hide the stubborn red patches around my nose. Best of all, it lasted all day and I forgot I had anything on.
$36, stilacosmetics.com

Benefit 'That Gal' Brightening Face Primer

I tried this on a bad skin day. I was looking a bit sallow. But after trying it on, my cheeks looked rosy. It also gave my skin a smooth surface, hiding my scars and minimizing the size of my pores. Come bedtime — even after I had washed my face — my skin hadn't lost its glow. $29, benefitcosmetics.com



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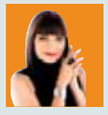

JEANNE SPACE
Jeanne Beker
life@metronews.ca

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Amazing neon set features B+W videos on each side for CUs. @JTimberlake + @JayZ rock the stage. Electric! @WILLIAMRast

Stylish Gordon Pinsent wants to know what you think of his new glasses, purchased in Florence by @donlon #CoolLegend

Trends Report

- One of the silly trends circulating the web is something called "bitchy resting face". Do you suffer from this, or do you even know what it is? Go online to Trends Report to find out, and if you do have BRF, read my tips on how to mask it.

Visit metronews.ca/voices/trends-report to find out more.

Follow Irene on Twitter at @MetroIreneK

SCREENGRAB VIA BROKEN PEOPLE ON YOUTUBE

All the comforts of a 5-star hotel

Prepared. Staying in a one-star? We've got you covered

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Hunting for inexpensive travel accommodations is getting easier with the trendy pod-style, micro-tiny hotels popping up in popular destination cities, as well as options of living in someone's home from sites like AirBNB.com.

But not all places have the comforts of a 5-star hotel; truth be told, most would get between one to three stars. But shared bathrooms, living in a stranger's home and summer dorm rentals are a common and inexpensive way to see the world.

Here's a few travel companions to pack if adventuring out to stay at alternative accommodations. They're guaranteed to help turn a two-star room into a five-star hotel experience.

With a few items, you can survive the bare bones travel accommodations. ISTOCK IMAGES

Your security

Keep one of these in the bottom of your luggage; if feeling iffy about your security then pop it under the door while in your room.

SWANN DOOR WEDGE STOP ALARM, $13, CANADIANTIRE.COM

Stick a Bluetooth button inside luggage or attach to valuables and let your wireless device keep track of their travels. Stick-N-Find

BLUETOOTH LOCATION TRACKER, $50/2 BUTTONS, BROOKSTONE.COM

Your senses

Add a small bottle of water and rid any room of dry air.

AIR-O-SWISS ULTRASONIC TRAVEL HUMIDIFIER, $70. THEBAY.COM

Create a relaxing scent in your room, no matter where you might travel.

ESCENTS AROMATHERAPY HANGING TINY DIFFUSER, $17, AMAZON.CA

Block out the lights of Broadway and the unfamiliar city sounds.

EYE MASK WITH EARPLUGS, $8, SAMSONITE.CA

Your comfort

Make the bed feel like home and bring your pillow case; a great idea for those with skin sensitive to certain fabric types or detergents. Bonus: it becomes your dirty laundry bag at the end of the trip.

SEASONS STANDARD FLANNEL PILLOWCASES, $25/SET, BEDBATHANDBEYOND.CA

Never sure of a comfortable mattress? For minimal space and weight, bring your own mattress; layer it on top of your existing bed or on the floor. Its also a great way to fit extra guests in your room, saving more money.

PAKMAT AIRBED, $125, FOUND AT TARGET.COM

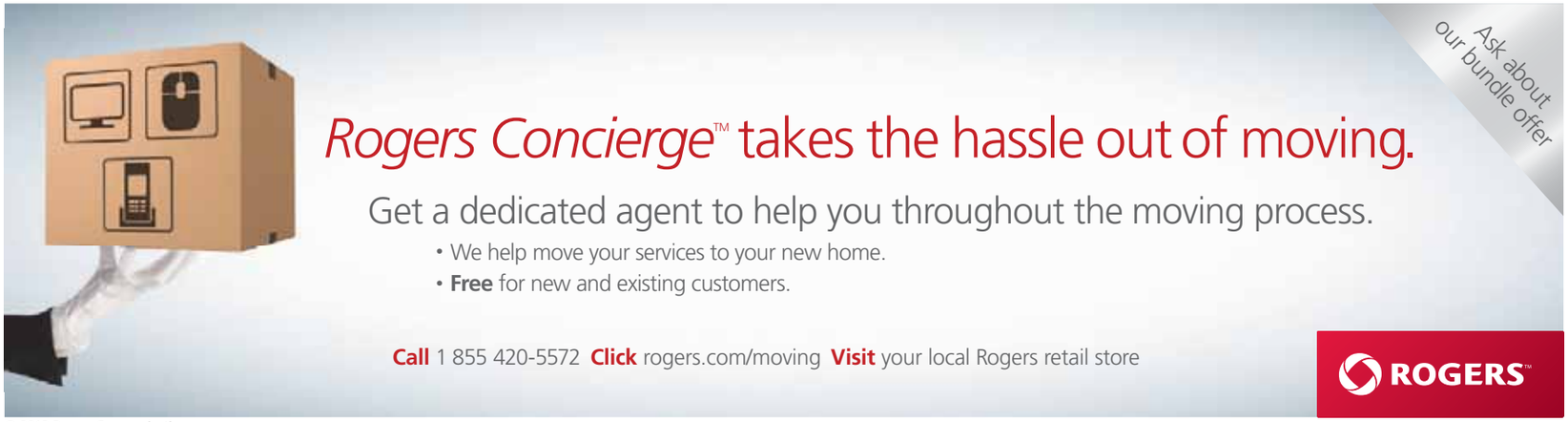
Your style

Keep your clothes organized to pack in your luggage, then on display when you arrive.

JETPACK COMPRESSIBLE PACKING SHELF, $40, HEYS.CA

Freshen up your clothes with steam or quickly iron out the wrinkles.

FIRST-CLASS FOLDING TRAVEL IRON AND STEAMER, $50, ROWENTA.CA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GREENWIN
StLaurentOnTheParc.com

ADD ENERGY TO YOUR DECOR

Here are a few simple ideas to help you decorate your apartment to reflect playfulness and energy.

Keep the dining area simple. Try a small wooden table and don't decorate it too heavily. Allow the wood grain to shine and show off the simplicity. Let all the attention be put on the furniture. It becomes cheaper for you and makes a bolder statement. Avoid bulky drapes and let the sun shine through using light fabrics and light colours on the windows. You want you kitchen area to feel fresh and rejuvenating. The light provides energy.

If you have extra space in your apartment, turn some of it into an area for you to do the things that you really enjoy. Whether it's a game station or a reading spot, maximize your storage and space possibilities by building shelves to house your favourite games, DVDs, or books. Nothing says fun like having a space that is purely meant to celebrate what you do for fun.

So you want to have some really energetic, expressive, and fun walls but not sure how to do it. Take a bunch of left over or old mirrors and hang them on the wall at varying levels first. Right there, you suddenly have created an open feel that goes beyond fun and free. Take a bunch of candles (if allowed in your lease) and place them on small shelves in front of each mirror. It gives off a classic Victorian type feel in a fun and energetic way.

Don't waste the time and energy painting an entire room. Instead, roll one solid (and very bold) colour of the most important wall in a room and let it draw all of the attention. In your living room, make this either the wall behind your entertainment centre or couch. In your bedroom, make it the wall behind the headboard. In the bathroom, make it the wall with the mirror. Everything on that wall is going to stand out more, so don't put your ugly old stuff there.

Make your apartment reflect your style. If you have a bold, bright sense of humour, using bright colours and letting in lots of light can help match your personality. If you like to laugh, frame a dozen different jokes and hung them on the walls. If music is your thing, frame CD inserts and hang them.

Article courtesy Articlesbase

SEIZE THE DAY

BUYING SOONER PAYS OFF AS MORTGAGE RATES BEGIN SLOW, BUT INEVITABLE, CLIMB

ISTOCKPHOTO/THINKSTOCK

There was a time (1981) when mortgage rates sat at 21 per cent. Compared with those difficult days, recent news of a mere 0.6 per cent increase in the big banks' posted rate seems almost cute.

But while the overall outlook is good for 2013 and 2014, too much complacency can cost you hard-earned dollars.

You don't have to be a veteran market watcher to know that Canada has been enjoying historically low mortgage rates: Discounted rates have been hovering around three per cent for a five-year fixed rate mortgage. Thousands of first-time homebuyers have jumped at the chance to lock into rates like these.

But, from the governor of the Bank of Canada to the heads of the big banks, financial experts agree that interest rates cannot remain so extraordinarily low. BMO Capital Markets senior economist Sal Guatieri has suggested that a "normalized" mortgage would be closer to 4.99 per cent.

It seems the big banks have begun the slow, but inevitable, mortgage rate hike over the past few weeks. How might it affect you? Let's do some simple math:

Let's say you are looking at purchasing a $250,000 condominium. As of press time, the posted interest rate at several of the big banks is 3.69 per cent. Lock in now, and, assuming 25-year amortization, you will pay $1,273 monthly.

If you wait until rates normalize at 4.99 per cent you are looking at $1,452 monthly — that's a difference of $179 per month. Over a five-year term, you are losing $10,740. There is a lot you could do with that money.

But, more significantly, a higher rate will decrease the amount you are approved for by tens of thousands of dollars.

Play around with an online mortgage approval calculator and you will be amazed. With an annual income of $64,000 and a down payment of $20,000, today's mortgage rate will get you approved for $252,000. At 4.99 per cent, that approval suddenly drops to $228,000. That may mean the difference between buying the home you love and settling for one you can afford.

And wouldn't it be better to buy the home you love?

– Marnie Bennett, broker

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FRESH APPROACH TO URBAN LIFE

JADE CONDOMINIUM FLATS BY RICHCRAFT

CONTRIBUTED

If you want to live in sophisticated comfort and style enjoying life at its simple, maintenance-free best, Jade Condominium Flats would be the perfect place to call home.

Created by premium builder Richcraft Homes, there are two locations: Barrhaven at Woodroffe Estates and Riverside South. The attractive condominium buildings have been designed with first-time homebuyers, downsizing empty-nesters, and singles or working couples in mind.

Each unit is on one floor and has two bedrooms and two baths and ranges in size from 1,070 square feet up to 1,270 square feet. There are eight designs and all of them feature a partial, open concept with balconies or terraces. The homes are Energy Star certified and have full brick and stone exteriors with ceramic tile flooring in the entrance, kitchen and bathroom. Granite countertops, five appliances and hardwood floors are also available. Air conditioning is included, and there is off-site storage for bicycles, as well as charming communal landscaping.

Prices start at $244,900 in Riverside South and $251,900 in Woodroffe Estates. Condo fees are only $129 or $139 and include mowing, snow removal, and cleaning of corridors and common areas.

An added bonus is that new homebuyers will receive hardwood in the living and dinning rooms, granite in the kitchen, and a $3,000 design centre voucher.

Both locations offer community and convenience.

Riverside South is situated alongside the Rideau River and has its own parks, nature trails and wild green space, and stores. Woodroffe Estates is close to transit, shopping, dining, and recreation activities, and the new Strandherd-Armstrong Bridge will link Barrhaven and south Gloucester when it opens next year.

CONTRIBUTED

OPEN HOUSE

Richcraft has just released more blocks in both locations with units ready to close in less than a month. To see fully decorated model homes, visit Jade Condominium Flats Barrhaven (194 Hornchurch Lane) or Riverside South (6077 North Bluff Dr.), Monday to Thursday, noon to 8 p.m., Saturday, Sunday and holidays, noon to 5:30 p.m. Email jadebarrhaven@richcraft.com or riversidetowns@richcraft.com for more information.

CONTRIBUTED PHOTOS

THE AZURE SETS NEW STANDARD

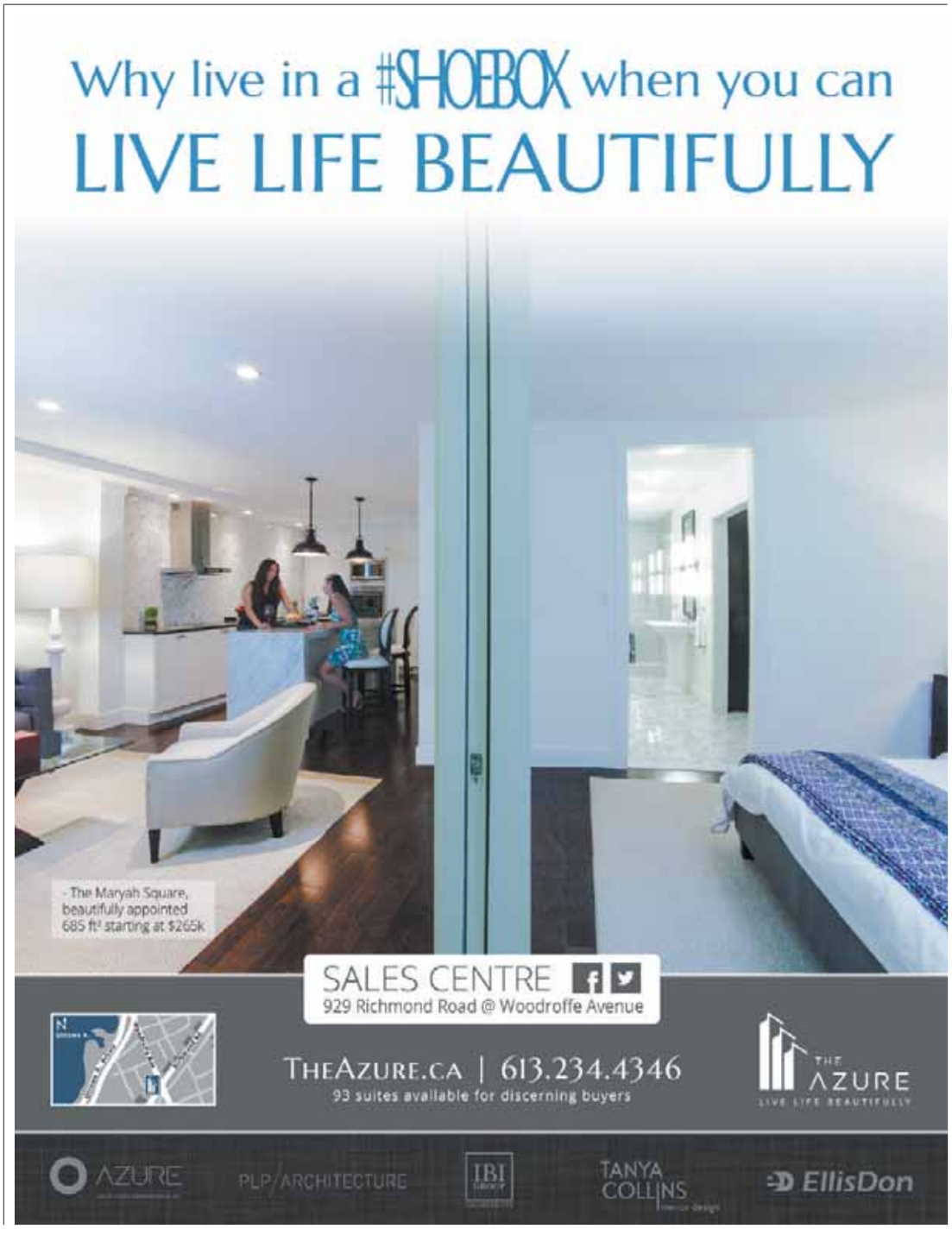
Ottawa's latest condominium development takes advantage of a wonderful location. Located at the corner of Woodroffe Avenue and Richmond Road, it is perched on the edge of Westboro and lies adjacent to NCC recreational pathways and the Ottawa River. With a design that balances affordability with grace and style, and functionality with efficiency, The Azure, ideal for first-home buyers, supports a modern, active lifestyle.

Created by award-winning architects PLP Architecture of London, England (in collaboration with Canada's IBI Group), the Azure is an architectural marvel. The building slopes gradually toward surrounding homes to better integrate with the neighbourhood and to create multiple private terraces on upper units. With an east-west orientation that maximizes both natural light and river views, the project features 57 one-bedroom and 30 two-bedroom units, along with four penthouse suites and four oversize two-bedroom SkyBungalows with terraces of 1,000 square feet or more. Approximately half of all units run the full depth of the building.

The units are richly appointed with floor-to-ceiling, wall-to-wall windows, choice of hardwood flooring, pocket doors and sliders, ensuite baths and walk-in closets. The kitchens feature a variety of custom cabinetry options, natural stone countertops and stainless-steel undermount sinks and appliances. Environmentally friendly features include energy-efficient appliances and windows, and low-VOC paint.

Residents can take advantage of the ground-floor guest suite, fitness centre, garden and terrace. A café and gourmet food shop will help the Azure blend in with one of the city's most popular and desirable neighbourhoods. Location accounts for much of Westboro's popularity; it is close to downtown, Gatineau Park and the recreational paths running along the Ottawa River. Commuters enjoy ready access to the Ottawa River Parkway, the Queensway, major bus routes and the proposed route of the O-Train.

John Thomas, the man behind the development, is keen to see Westboro retain its charm as it grows. Raised in the neighbourhood, Thomas moved away to make his living in cities such as San Francisco, Abu Dhabi, Paris, and Kuala Lumpur. After two decades away, Thomas is keen to create affordable, stylish and functional homes, such as what the Azure offers. One-bedroom condos — modelled after a five-star hotel project in Kuala Lumpur and unlike any other space in Ottawa — start at $265,000, below market prices.



Doing the chicken dance with some mushrooms and a lettuce bowl

"(Lettuce Bowls with Shiitake Mushrooms and Hoisin Chicken are) a fast day version of a Chinese standard, and perhaps one for a day when you're feeling frilly and creative," writes Mimi Spencer in The FastDiet Cookbook. "You could add ... chopped water chestnuts for extra crunch — they're barely a blip on the calorie radar."

1. Heat a wok and spray with oil. Add the ginger and garlic and stir-fry for 30 seconds.

2. Add the cabbage, carrot, mushrooms, and bean sprouts. Stir-fry for 2 minutes, till the vegetables are just cooked but retain their bite. Season with pepper and add hoisin sauce.

3. Add the shredded chicken and toss to mix.

4. Place 2 or 3 iceberg lettuce leaves in a wide-rimmed cup, making a bowl effect. Spoon the chicken mixture into the bowl and serve with a scatter of toasted sesame seeds. ALL RECIPE TEXT COPYRIGHT © 2013 BY MIMI SPENCER LTD FROM THE FASTDIET COOKBOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

Ingredients

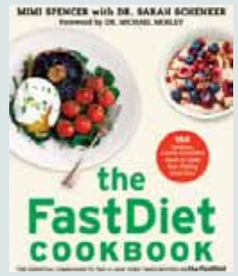
- Spray oil
- 1 tsp grated fresh ginger
- 1 tsp minced garlic
- 1/4 head Chinese cabbage, shredded
- 1 carrot, julienned
- Scant 2 oz (50 g) oyster mushrooms, chopped
- Scant 2 oz (50 g) shiitake mushrooms, stemmed and chopped
- Scant 2 oz (50 g) bean sprouts
- Ground white pepper
- 1 tbsp hoisin sauce
- 1 cooked chicken breast, shredded
- 2 or 3 iceberg lettuce leaves
- 1/2 tsp toasted sesame seeds

Lettuce Bowls with Shiitake Mushrooms & Hoisin Chicken

This recipe is only 329 calories per serving. COPYRIGHT © 2013 BY ROMAS FOORD FROM THE FASTDIET COOKBOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

Cookbook of the Week

A new approach to weight loss



Dr. Michael Mosley's message is that it's possible to lose weight and reduce your risk of diabetes, cardiovascular disease and cancer, all while eating what you would normally eat five days a week. You simply cut your caloric intake two days a week — to 500 calories for women, 600 for men.

The new book, The FastDiet Cookbook, which was written by Mimi Spencer with Dr. Sarah Schenker, boasts 150 carefully crafted, nutritious, low-calorie recipes that range from simple breakfast to suppers. METRO

Skinny Bouillabaisse: keep rich flavour, cut back calories

"My sister Debs is incredibly skilled in the kitchen, having trained in the world-renowned kitchens at Ballymaloe in Ireland," writes Mimi Spencer in The FastDiet Cookbook.

"This soup is designed to bring all the rounded, rich flavour of a traditional French fish stew to your low-calorie fast day soup bowl. ... Notice the calorie count. Sing."

1. Heat the olive oil in heavy-bottomed saucepan over medium heat. Add the onion and fennel and cook, stirring occasionally, for about 5 minutes, till softened but not coloured.

2. Add garlic, ginger, chile, saffron, and paprika and cook for 2 minutes more, till fragrant.

3. Stir in the tomatoes, stock, sugar, and bay leaf, scraping the pan with a wooden spoon to release any stickiness on the base.

4. Season and simmer for 20 to 25 minutes. Gently lower the fish, mussels, and shrimp into the soup, cover the pan, and cook for 2 to 3 minutes till the fish and shrimp are just opaque and the mussels have opened (discard any that have failed to open). Check the seasoning and serve with a scattering of parsley and a squeeze of lemon juice to taste.

Ingredients

- 11/2 tsp olive oil
- 1 onion, thinly sliced
- 1 bulb fennel, trimmed and thinly sliced
- 4 cloves garlic, minced
- 1 tsp grated fresh ginger
- 1 red chile, finely chopped
- A generous pinch of saffron threads
- 1 tsp sweet paprika
- One 14-oz (400 g) can diced tomatoes
- 51/4 cups (1.25 liters) fish or vegetable stock
- 1/2 tsp sugar
- 1 bay leaf
- Salt and pepper
- 14 oz (400 g) white fish fillet, cut into chunks
- 8 mussels, scrubbed
- 8 large raw shrimp, peeled and deveined, tails left on
- A handful of fresh flat-leaf parsley, chopped
- Lemon juice, for serving

Summertime and the entertaining is easy

Outdoor living. Enjoy this season, because it should be the easiest for hosting, says culinary author Susan Spungen

ALISON BOWEN
Metro World News

Relax. Quick foods such as corn on the cob are crowd-pleasers. ISTOCK PHOTOS

Ah, summer. The time when you can invite loads of friends over with the easiest entertaining plan — throwing food on a grill or bringing sides for the friend who has outdoor space.

If you're the one hosting, soak up this time, because it should be the easiest entertaining season of the year, says Susan Spungen, author of What's a Hostess to Do? and whose culinary past includes working on films like Eat, Pray, Love.

"Summer is just the time to really have fun and not work too hard, and everything should be easy — the food, the mood, everything," she tells us. She gave us a few tips to make hosting look, and feel, easy.

What can you do for summer entertaining that you could never do otherwise?
For one thing, it's just a lot easier because first of all, you can entertain outside, which makes cleanup very easy. You don't have to mess up your house, and you can use more disposables.

All of the easy things are more acceptable in the summer, in a more casual setting, and there's so many nice options — not only for paper, but melamine plates and glasses that you can get now. ... Also, the cooking is so much easier.

An acceptable course is corn on the cob — not only acceptable, but delicious, and how much easier can you get than that?

You can get a simple compound butter, like a basil butter, and put that on corn, and it becomes something really special.

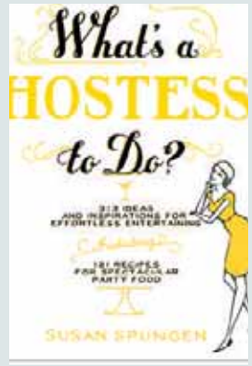
What's your go-to plan for a quick get-together?
A nice bottle of rosé, and if it's really a last-minute thing, I think a pasta can be wonderful. Just toss (in) all the best things from the farmers' market.

I made something the other night — I impressed myself, it was so delicious. Everything I got in one farm — peas, baby zucchinis, corn and I made some caramelized onions — and I just tossed the whole thing with some goat cheese, which melts into a sauce. It was absolutely divine.

More tips

Some extra tips for summertime hosting from Susan Spungen, author of What's a Hostess to Do?

- **Decor.** Use fresh flowers for decorating. Pick up some simple flowers from a farm stand or farmers' market on the way home.
- **Snacks.** Spread snacks around the party. Guests tend to congregate wherever the snacks are, so put some dishes of nuts and other small bites in spaces around where you want your guests to gather and meet each other.
- **Bug off.** Use citronella torches to keep bugs away and create a cosy setting.
- **Keep it simple.** Skip the Pinterest-inspired centerpiece effort and simply use fruit. Fill a bowl with fruits you picked up at the farmer's market, such as apricots or cherries. Conveniently, this also doubles as dessert.
- **Drink up.** Serve daiquiris with frozen fruit. This is a time-saver if you're rushing home to host after work. It also allows you to skip some of the ice, and the colour won't brown like fresh fruit.



Dinner. Corn & Chicken Chowder with Tortilla Strips

Ingredients

- 3 6-inch corn tortillas
- 2 tsp ground cumin
- 1/2 teaspoon chili powder
- Kosher salt
- 1 tbsp vegetable oil
- 1 cup finely chopped yellow onion
- 1/2 pound Yukon gold potatoes, cut into 1-inch cubes
- 2 cups fresh corn kernels
- 4 cups chicken broth
- 3 cups shredded chicken
- 1 cup store-bought salsa
- 1 to 2 tbsp lime juice
- Chopped fresh cilantro

1. Heat oven to 400 F. Arrange tortillas on a baking sheet and mist with cooking spray.

2. In bowl, combine 1/2 teaspoon of cumin, chili powder and a pinch of salt. Sprinkle on tortillas.

3. Cut tortillas into thin strips. Bake on middle shelf of oven 6-8 minutes. Set aside.

4. In saucepan over medium, heat vegetable oil. Add onion and cook, stirring, about 5 minutes. Add remaining 1 1/2 teaspoons cumin and cook, stirring, for 1 minute.

5. Add potatoes, corn and broth, bring to boil and simmer 15 minutes. Transfer 1 1/2 cups mixture to blender and blend until smooth. Return to saucepan, add chicken and salsa and cook until heated through. Add salt and lime juice, to taste.

6. Divide between 4 bowls. Garnish each with tortilla strips and cilantro. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

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10.99 /Ea
Welpac Premium Edamame Sai 300g
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2 For 3.50
Itoen Tea Selected 500ml
SAVE $2.48
2 For 3.50
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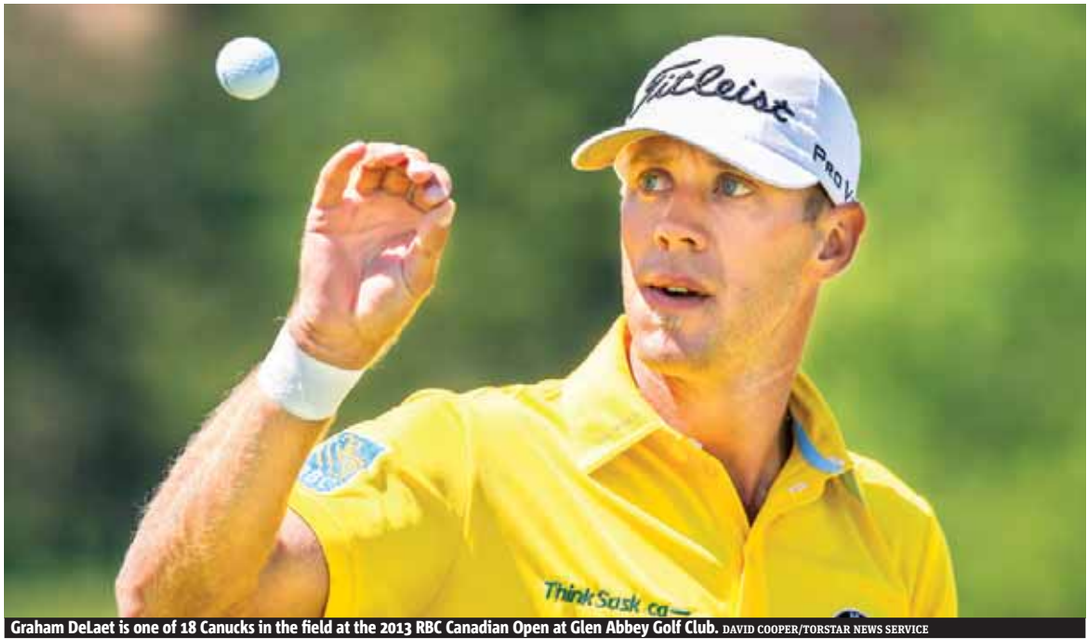


Graham DeLaet is one of 18 Canucks in the field at the 2013 RBC Canadian Open at Glen Abbey Golf Club. DAVID COOPER/TORSTAR NEWS SERVICE

Pressure on Canucks to end long drought

Canadian Open. Last homegrown talent to win tournament was Vancouver's Pat Fletcher in 1954

National opens always put pressure on the homegrown players, but the expectations are particularly high this week at Glen Abbey Golf Club in Oakville, Ont.

There are 18 Canadians in the field for the 2013 RBC Canadian Open — one of the largest home-country turnouts in the modern history of the tournament — and they're all looking to end a 59-year drought. No Canadian has won the event since Pat Fletcher of Vancouver in 1954.

If anyone can understand the high expectations, it's former Masters champion Mike Weir.

"There is that added feel and pressure, no question," the Brights Grove, Ont., native said Wednesday. "It can be a good thing, though, to get the crowd behind you," he added. "Get some momentum going, and you can feed off the crowd."

Weir is joined by fellow Ontarians David Hearn from Brantford, Mackenzie Hughes from Dundas, Toronto's Albin Choi, Ottawa's Brad Fritsch, Peter Laws from Milton, Brian Hadley from Sarnia and amateur Corey Conners of Listowel.

British Columbia is also well represented with Abbotsford's Adam Hadwin, Victoria's Kevin Carrigan, Merritt's Roger Sloan, Comox's Riley Wheeldon, as well as North Vancouver's Bryn Parry and Eugene Wong and amateur Adam Svensson from Surrey in the field.

Calgary's Stephen Ames, Graham DeLaet of Weyburn, Sask., and Eric Banks of Truro, N.S., will also tee off Thursday on the 7,253-yard, par-72 course.

The added burden on the Canadians has not gone unnoticed by others in the 156-player field. Hunter Mahan, from Dallas, feels that Canadians are under more pressure to win the Canadian Open than Americans are to win the U.S. Open.

"I don't feel like there is a pride factor (in the U.S.) like there is in Canada," said Mahan.

"You know, when you have a drought that long, I think you have to start really wanting it and start hoping. It becomes a focus of everyone this week, so I think they have a great chance." THE CANADIAN PRESS

MLB

Will injuries, PEDs end A-Rod's career?

Alex Rodriguez certainly leads the New York Yankees in headlines this season, even though he hasn't played a single major league game.

Alex Rodriguez
THE ASSOCIATED PRESS

Rodriguez faces discipline from Major League Baseball in its drug investigation, possibly up to a lifetime ban.

"The likelihood of a severe punishment for Rodriguez is very high," former commissioner Fay Vincent said Wednesday.

The three-time AL MVP who turns 38 Saturday is among more than a dozen players MLB has targeted following allegations they were linked to a Florida clinic accused of distributing performance-enhancing drugs.

THE ASSOCIATED PRESS

MLB

Morrow's forearm to get second look

Brandon Morrow will be re-examined as the Toronto Blue Jays try to pinpoint exactly what's wrong with the starting pitcher's sore right forearm, general manager Alex Anthopoulos said.

Morrow still isn't feeling 100 per cent almost two months after experiencing discomfort and being placed on the disabled list.

Morrow made 10 starts for Toronto this season, going 2-3 with a 5.63 ERA.

THE CANADIAN PRESS

Hernandez's probable-cause hearing delayed

Aaron Hernandez in court on Wednesday. THE ASSOCIATED PRESS

A judge on Wednesday gave prosecutors more time to present evidence to a grand jury in their murder case against former New England Patriots tight end Aaron Hernandez.

Hernandez was in court for what was supposed to be a probable-cause hearing, but prosecutors said the grand jury is still considering the evidence against him.

Judge Daniel O'Shea considered defence objections to a delay but decided to reschedule the hearing for Aug. 22. Hernandez will continue to be held without bail until then.

Quoted

"Ultimately, the judge or the jury will determine the accountability."

Patriots head coach Bill Belichick

Hernandez has pleaded not guilty to murder in the death of Odin Lloyd, a 27-year-old Boston semi-professional football player whose body was found June 17 in an industrial park near Hernandez's home. He had been shot five times.

Bristol County Assistant District Attorney William McCauley said additional evidence includes boxes of ammunition found at a condominium Hernandez leased and a magazine for a .45-calibre Glock in a Hummer registered to him. Authorities say Lloyd was killed with a .45-calibre gun, though it apparently has not been recovered. McCauley said the ammunition box had Hernandez's fingerprints on it.

Hernandez attorney James Sultan objected to the delay, saying his client has already been jailed for four weeks and that the district attorney could have waited to bring charges, but chose to go ahead last month.

"He made it sound like a slam dunk case," Sultan said.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
If you approach a difficult task with confidence today, you will do an excellent job of it and impress a lot of people. But don't go over the top and go around shouting what a winner you are. Be modest.

♉ Taurus
April 21 - May 21
There are some annoying people out there and you must promise yourself that, whatever the provocation, you won't lose your cool. If you do, you may lose other things too.

♊ Gemini
May 22 - June 21
Your ideas may be good but you need to find ways to make them pay. It shouldn't be difficult but bear in mind: some people will be negative, no matter how much you achieve.

♋ Cancer
June 22 - July 23
Be extra careful with your cash, investments and other commercial interests today. Most importantly, don't let anyone push you into signing something you are not 100 per cent sure about. Just say "no".

♌ Leo
July 24 - Aug. 23
You may think you can force others to go along with your plans, but it's not the best strategy. If they don't want to accompany you on your journey, they would be a liability anyway.

♍ Virgo
Aug. 24 - Sept. 23
Turn your back on the past and move into the bright future that awaits you. You can't do it all at once, but you must be serious about it. There have been far too many false starts.

♎ Libra
Sept. 24 - Oct. 23
Everyone you meet seems determined to point out where you've been going wrong. But you don't have to agree with them. Smile sweetly, nod in agreement then carry on doing what you're doing.

♏ Scorpio
Oct. 24 - Nov. 22
You may be bored and looking to inject excitement into your life but don't go too far and annoy people on whom you may depend. That is especially important on the work front.

♐ Sagittarius
Nov. 23 - Dec. 21
The message of the stars today is that you should keep your head and not try to impose your will on others. However big and tough a Sag you may be, there is always someone bigger and tougher out there.

♑ Capricorn
Dec. 22 - Jan. 20
It's not like you to make a drama out of a crisis but the cosmic picture is making it hard to see anything but problems. Think positive and circumstances will improve.

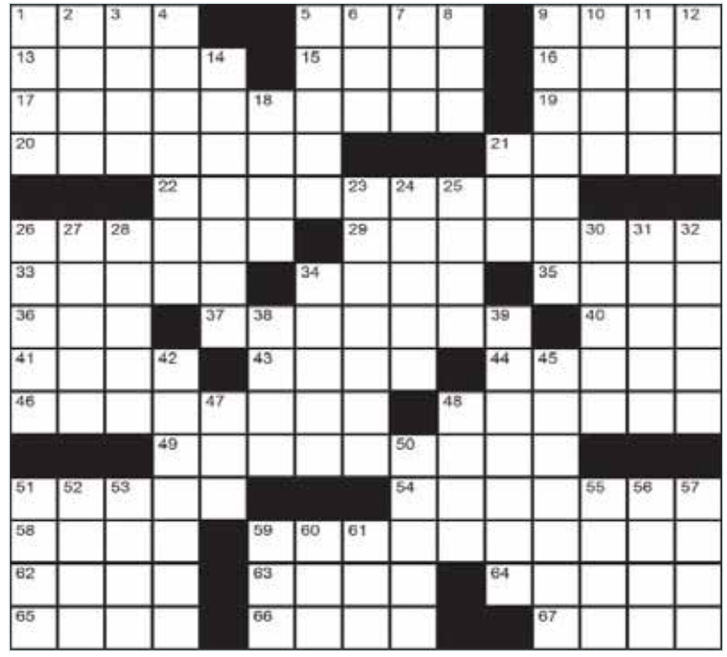
♒ Aquarius
Jan. 21 - Feb. 19
Someone may be acting selfishly but there is no need to provoke a fight. That could be exactly what they are hoping for as they need to take their aggression out on someone.

♓ Pisces
Feb. 20 - March 20
The answers you get depend on the questions you ask and if you ask intelligent questions about your life and the direction it is moving, you will get all the answers you need today. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

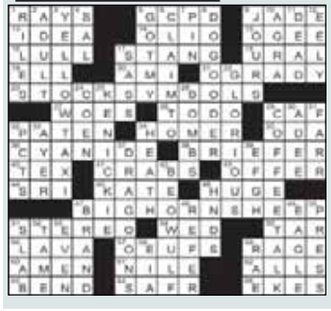
BY KELLY ANN BUCHANAN



Across
1. Coliseum, e.g.
5. Part of BYOB
9. Exchange
13. Tropical tubers
15. Approximately: 2 wds.
16. Roll Call list-ee's response
17. Swimming style, quite literally
19. Largest continent
20. "Forget it!", colloquially: 2 wds.
21. Go in
22. Person-on-a-pulley fun
26. Central Alberta town
29. __ General of Canada
33. Clan on "Dallas"
34. Mr. Gooding Jr.
35. "Able was _ _ _..." (Palindrome start)
36. Carried out
37. Pushes beyond the limits
40. Eliminate
41. Lettered-land 'til 1991
43. Phyllis Diller's husband's name from her stand-up act
44. Skin care company
46. CFB __, in Ontario
48. Committees
49. War of 1812 vessels: 2 wds.
51. "Rock You" Canadian hard rock band
54. __ name (Alias)
58. Herman Melville tale
59. Canadian band for which Carole Pope was lead singer: 2 wds.
62. Songstress Celine
63. Neutral tone
64. West: Spanish
65. 24-hr. bankers
66. Reason for Oxy 5
67. Invitee's official 'yes'

Down
1. Egyptian sun god, variantly
2. Kind of shark
3. Advantages
4. Earth-to-sky 'meeting' place
5. Bumpkin
6. Mythical monster
7. Miley Cyrus song: "Party in the _._._."
8. Plunder
9. "Remember (Walking in the Sand)" by The __-Las
10. The __ Coast
11. India.__ (Singer/songwriter)
12. Seckel is a sort
14. Orchestra section
18. Seven: French
21. Compass†point
23. Some lizards
24. "It's __ __ deal." (Don't worry about it)
25. Drooling dogs experimenter, __ Pavlov
26. Resulted in, __ __ to
27. "Is that such _ __ idea?"
28. Centre point
30. Chutzpah
31. Bay window
32. __ __ a beet
34. The Pretenders album: 'Learning to __'
38. Pan brand
39. Awakes with smelling salts, perhaps: 2 wds.
42. Fixed food portions
45. Underwriter
47. Candle's content
48. Cousin of "Pshaw!"
50. International Court of Justice site, The __
51. Ms. Kotb, Kathie Lee Gifford's daytime chat co-host
52. Radiate
53. Rug-making apparatus
55. Service on Sunday
56. 1999 Matthew McConaughey movie
57. Shallow's opposite
59. Actor, Stephen __
60. Li'l job
61. Pot

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1	6	9		7			3
	5	8						4
3			1					
2	8				1			
	7	3				4	9	
			6				8	7
					9			2
5						1	4	
9			2		3	8	7	

Yesterday's Sudoku

2	5	7	6	8	1	4	9	3
9	8	3	7	2	4	1	6	5
4	6	1	9	3	5	2	8	7
7	9	8	1	5	2	6	3	4
6	2	4	3	7	9	8	5	1
1	3	5	8	4	6	9	7	2
3	4	2	5	9	8	7	1	6
5	1	9	2	6	7	3	4	8
8	7	6	4	1	3	5	2	9

Today
24°/11°
Partly cloudy
Friday
25°/13°
Sunny
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